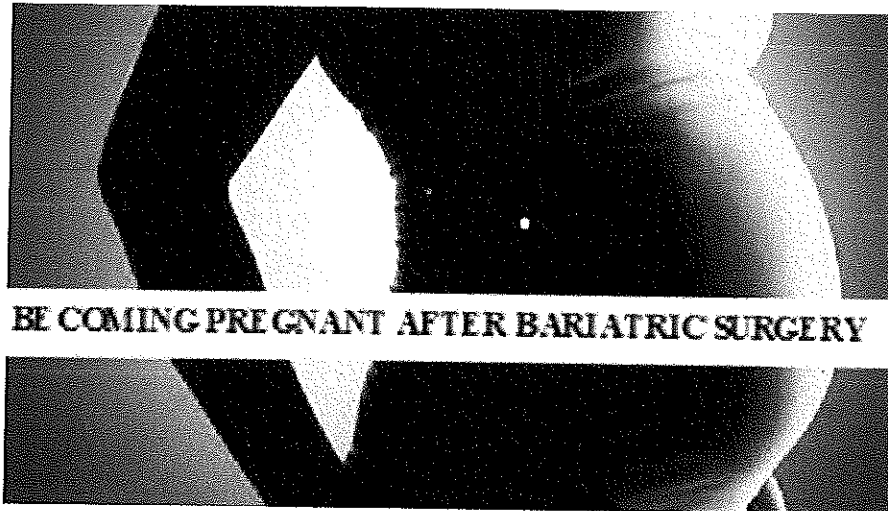


Majid Hashemi FRCS (Gen)

Gastrointestinal and Minimally Invasive Surgery



Sleeve Gastrectomy

Gastric Bypass

Gastric Band

Gastric Balloon

EndoBarrier

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Introduction

This is for women who have had a bariatric procedure such as gastric bypass, sleeve gastrectomy or gastric band and who may in the future plan to try to become pregnant.

How long should you wait after bariatric surgery before trying to conceive?

It is recommended that you wait at least 12 and preferably 18 months after your bariatric surgery before you start trying to conceive.

In the first 18 months after surgery you will be losing weight quickly and this places considerable stress on your body as it undergoes many changes in nutrition and weight. There is a risk that either you or your baby will become malnourished if you are pregnant during this phase. After 18 months your weight loss will have slowed down or stopped. This is a better time for you to conceive.

If you become pregnant at any time after your surgery, do not worry. Please contact us as soon as you know that you are pregnant so we can advise on any changes to your diet, medication, and refer you to our specialist clinic.

Fertility after bariatric surgery

Your fertility (ability to conceive) will, in most cases, be boosted by the weight loss that you experience following bariatric surgery. Therefore, it is very important that you use a reliable method of contraception. Speak to your GP or your family planning nurse for advice.

Even if your periods were irregular or absent before surgery and you had been told it would be difficult to conceive, this can and does change after bariatric surgery. The most reliable type of contraception is called long acting contraception, e.g. the Mirena coil, an implant or injection.

If you are planning to become pregnant

If you are planning a pregnancy, contact us for advice on the changes you may need to make to your diet and medication.

Nutritional deficiencies are common after bariatric surgery and you may need to start taking multivitamin and calcium supplements and sometimes increased protein in your diet. The dietician can advise you on the best type of diet when trying to conceive, during pregnancy and breastfeeding.

Mr M Hashemi

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